

# COUNSELING SERVICES

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## Mental Health Counseling through AllOne Health

### Full Service Virtual Hours:

24 hours a day, 7 days a week

Access information is located in **delacGATE > Students > Student Services > Counseling Services**.

DCCC's AllOne Health partnership gives you quick, flexible access to licensed mental health professionals who are here to listen, support and guide you—your way, on your schedule. These sessions are confidential and free to use, designed to help you address any personal challenges impacting your well-being.

### What It Is

Confidential, short-term counseling with licensed mental health clinicians. Support is available for any emotional, personal or school-related concern impacting your well-being.

### What It Can Help With

Providing short-term, solution-focused support for a range of concerns, including:

- Anxiety or Depression
- Grief and Loss
- Emotional Distress
- Trauma Exposure
- Substance Concerns
- Family and Relationship Conflicts
- General Life Stress

### Why It's Helpful

- Flexible options designed around your comfort and schedule
- Immediate access to trained clinicians
- Confidential, no-cost support for you and your household members
- Helps reduce stress and strengthen your emotional well-being